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'The health-care crisis of our time'

Nova Scotia's **MENTAL HEALTH EMERGENCY**

Cody Glode's death spurs NDP, PCs to call on Liberals to act



Zane Woodford
Metro | Halifax

Both opposition parties in Nova Scotia's legislature are calling on the government to take action on mental health care in the province after a young man's death earlier this month.

Metro reported this week that 20-year-old Truro MMA fighter and firefighter Cody Glode took his own life after seeking mental health care and being told he'd have to wait months to see a psychiatrist.

"I hope it's a wake-up call for the government, and the minister, and

the premier so that they will look at this and invest in mental health in the next budget," NDP health critic Dave Wilson said Wednesday.

Wilson warned that without action, stories like Cody's will continue to happen.

"We're going to continue hearing of sad, sad situations like Cody Glode," he said. "People are not going to get the access and many who find they have lost that battle with depression end up taking their own lives. That's the reality."

Progressive Conservative Leader Jamie Baillie has been calling on the government to call an inquiry into mental health care in the province for almost a year.

"It's just heartbreaking to see this young man feel he had nowhere to turn, his family desperately trying to get him help, and he got discouraged and lost his fight with mental illness," he said Wednesday.

"It's the health care crisis of our time, and I think we're all getting tired of watching as promising young Nova Scotians like Cody lose their

battle with mental illness."

"We are working on a stronger provincial approach," Health Minister Leo Glavine said on Wednesday.

"We're now putting together, for the first time, a co-ordinated standard of care that will be implemented across the province."

Glavine said the doctor in charge of mental health services in the province "has been doing visits and putting together a clinical services review for mental health," but gave no timeline on the review.

"They can't wait," Wilson said. "People need the help now."

"Cody himself was crying out for help, and he didn't get it in time," Baillie said.

"That's a tragedy that we have to work to avoid in the future."

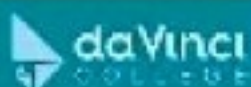
WITH FILES FROM DYLAN DESROCHE

CELTICCALLING

Fiddler opens new Dartmouth music school to get more people playing
metroNEWS

MORE COVERAGE INSIDE:

- Premier says province is grieving for family
- Mental health expert says health-care system falling



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The tremendous contribution that Canadian Heritage is making today, and that the province is making today, allows us to keep pace with the times. Rebecca Hiltz LeBlanc

Actors run through a scene from last year's Neptune Theatre production of *A Year With Frog and Toad*. JEFF HARPER/METRO

'Life-changing' upgrades

CULTURE

\$1M pledged to Neptune Theatre for improvements



Zane Woodford
Metro | Halifax

Over the next two years, Neptune Theatre is going to get a

lot more comfortable.

More than \$1 million in funding was announced Wednesday between the federal and provincial governments for upgrades to Neptune during its next two seasons, including new seating in both Fountain Hall and Scotiabank Studio, new digital signage, and improvements to the theatre's box office system.

"Those are seemingly small additions when you think about how long you sit — if I may say — with your bums in the

seats, but the signage and your experience in going through the box office will be so vastly improved by this contribution," Neptune Theatre president Rebecca Hiltz LeBlanc said at a funding announcement.

She called the contribution "life-changing" for the theatre, and thanked federal heritage minister Mélanie Joly for the federal government's

\$945,000 portion of the contribution.

"Your visit today here is an affirmation that Neptune is an integral part of the cultural community in our region," she said.

"Our government really believes in the importance of arts and culture," Joly told reporters after the announcement.

She said arts and culture are



Mélanie Joly ZANE WOODFORD/METRO

important to her government's "economic growth vision," and that people like those involved in Neptune are an important part of Canada's "innovation ecosystem."

"They're the fauna and flora of that ecosystem," she said.

Neptune will also be getting \$100,000 from the provincial government to go towards the upgrades.

"This is such a centrepiece for the cultural community not only in Halifax, but across

our region," Premier Stephen McNeil said of Neptune.

Joly also announced more than \$2.4 million in new funding for Acadian groups across Atlantic Canada as part of her government's "official-language communities program."

"It's important for us to show that we're true partners, and that we believe that we can empower these communities in order to make sure that they are a dynamic and a vibrant part of our society," she said.



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Expert calls for redesign of mental health services

Nova Scotia's **Mental Health EMERGENCY**

Communities facing wait times of up to eight months

Dylan DesRoche
For Metro | Halifax

Following the death of Cody Glode, many Nova Scotians are expressing frustration with how long it takes to access mental health services in the province.

One expert in the field thinks he may have the answer.

"There's a lot of people getting frustrated, and in some cases, ending their lives tragically because of it, which is why I think it's time to fundamentally change the system," said Todd Leader, former director of mental health and addictions with the South Shore Health Authority.

With some communities in Nova Scotia facing wait times as high as eight months, according to Leader, it's time to try something else.

"The concept is simply to re-design the system so that it truly is client centred," said Leader, who now lectures at Saint Mary's University.

Leader worked with the old South Shore Health Authority



MMA fighter Cody Glode is shown in action last year in Halifax. MARTIN BLAIS/CONTRIBUTED

CRISIS LINE

Nova Scotia's Mental Health Crisis line is available 24 hours a day, seven days a week, at 1-888-429-8167 (toll free).

for five years, where he led a full re-design of how services

were offered to patients. This led to a significant decrease in wait times. He did this using new scheduling tools, efficiency, and putting the client first, even if it added more work for clinicians.

Using software, Leader and his team designed one calendar that was connected to every clinician's schedule in the South Shore. This allowed

them to give clients an appointment the first time they call.

"Every decision we made was made around the simple question if the client was your family member how would you want this system to work," he said.

It wasn't just about scheduling either; the team focused on efficiency, ensuring that if a client arrived on time, they

THE SYSTEM

Putting client first gets help for patients quickly

The current system is designed to be easy on clinicians, said Todd Leader, which is why we see so many people not getting the help they need. In a client-first system everything possible is done to ensure the patient gets help as quickly and simply as possible. "If we don't change what we're doing we shouldn't expect to see a change in what happens," he said.

got to see the clinician on time. Even if the clinician had to step out of a meeting or stop filling out paperwork said Leader, the client came first.

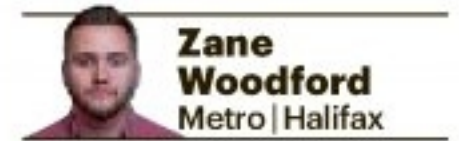
"Nothing is as important as seeing the client on time, the more we did that kind of thing and took that approach, the more we ended up freeing up time for more appointments," he said.

Leader's work dropped the waiting time for youths from an average of five months, to having an appointment booked for them the same day. He thinks the province could see the same success by taking a client first approach instead of the traditional administrative one.



Premier Stephen McNeil
JEFF HARPER/METRO

Province grieving: Premier



Zane Woodford
Metro | Halifax

Premier Stephen McNeil said Wednesday the province is grieving for Cody Glode's family.

"I don't know the specifics of this case, but obviously it's tragic when we hear that a Nova Scotia family and a young person has lost their life here in our province," McNeil said after an event on Wednesday.

"No Nova Scotian that reaches out for support should go without support."

McNeil said Health Minister Leo Glavine is "working to try to unify the mental health supports across the region, across our province," and working with "partners to make sure that we're providing that system not just in one dedicated part of our province, but making sure that there's that support out in the community."

He also suggested that the province's amalgamated health-care system — which merged nine health authorities into one in 2014 — is better equipped to handle mental health care than the old system.

WITH FILES FROM DYLAN DESROCHE



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CAPE BRETON

Anti-Trump site hit with tourism folks

The frenzy of media attention surrounding a locally built website on the potential of a Donald Trump presidency in the U.S. will be the subject of discussion during a tourism sector conference next month.

Destination Cape Breton Association, which is responsible for tourism marketing on the island, has included a panel discussion on the importance of media and the impact it can have on a destination at the annual industry day at the Gaelic College in St. Anns on April 7.

Particular attention will be paid to the opportunities pre-

sented by cbiftrumpwins.com, a website created by a local disc jockey to lure Americans to Cape Breton because they feel threatened by the prospect of the caustic billionaire winning the U.S. election in November.

"With Cape Breton Island in the media spotlight so much over the past three weeks, the timing and topic couldn't be more appropriate," said Mary Tulle, CEO of Destination Cape Breton.

The conference will include updates from Tourism Nova Scotia and Destination Cape Breton on their marketing initiatives for 2016. TC MEDIA



Trump's impact could be felt in Cape Breton. GETTY IMAGES

SYDNEY

Chase the Ace hiatus

Sydney's \$1-million Chase the Ace game is taking a week off.

Due to the recent explosion in the game's popularity, and its jackpot, organizers have decided to take a card out of last summer's Inverness Chase the Ace and have followed suit in postponing Saturday's edition of the charity fundraiser.

Stephen Tobin, spokesman for the game's organizers, said the postponement has nothing to do with the confusion that ensued when two winning tickets surfaced at last week's

draw at the Ashby legion.

"It's more so because of the fact that we now need more time from a logistical perspective to prepare for the next draw," said Tobin.

He noted that even more people are expected in the area due to the Vince Ryan Hockey tournament that has attracted more than 100 teams.

"The game will resume March 26 with an estimated jackpot of more than \$1.3 million. There are nine cards remaining in the deck. TC MEDIA



Elton John is joining Billy Joel in a show called The Piano Men as part of Symphony Nova Scotia's upcoming season. GETTY IMAGES

'Something for every taste' at the symphony

CULTURE

This season takes listeners to Broadway and beyond



Haley Ryan
Metro | Halifax

This year Symphony Nova Scotia takes fans from Broadway to outer space, and many a tiny dancer will be tapping their feet.

Hundreds of people packed into the Rebecca Cohn Auditorium on Wednesday for the 2016-17 season launch to hear selections by the orchestra and conducted by music director

Bernhard Gueller.

"The symphony needs to be perceived as a phenomenal resource," symphony CEO Chris Wilkinson said after the launch. "We try to have something for every taste."

Highlights of the popular Maritime Fusion programming include David Myles returning to play with the symphony for a Christmas show, and Mo Kenney performing in October.

The Barra MacNeils bring their Celtic talents to the stage this fall, while a musical tribute to the late Rita MacNeil will again be played after the 2014 sold-out event.

Symphonic Fusion events draw in huge crowds whether for sci-fi or pop hits, Wilkinson said, and this year will see The Music of the Beatles: Abbey Road album as well as Billy Joel

and Elton John in a show titled The Piano Men.

"We've done The Beatles ... but it wasn't specifically Abbey Road, and that's arguably their most famous album," Wilkinson said.

Legendary composer and conductor Howard Cable spent years collaborating with Richard Rodgers. He hosts two November events featuring music from iconic Rodgers and Hammerstein Broadway shows like The Sound of Music, The King and I, Oklahoma and Carousel.

Back by popular demand, the Hal-Con event returns with the Sci-Fi Symphony featuring celebrity host Garrett Wang from Star Trek: Voyager and selections from Harry Potter, Batman, Lord of the Rings, Star Wars: The Force Awakens and more.

Canada's famous musical astronaut Chris Hadfield comes to the symphony this February to perform original songs as well as iconic themes from Apollo 13, E.T. and, of course, his cover of David Bowie's Space Oddity.

The Nutcracker ballet returns in December with Halifax Dance and The Mermaid Theatre, while next April will see Ballet Jorgen in Swan Lake.

Wilkinson said the larger mainstream shows are vital to bringing in revenue that allows them to offer free programming for families at Pier 21, employ the 50 professional symphony musicians, and the Masterworks and Baroque series, which recently expanded to Saturday, as well as Sunday shows.

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Fiddler opens Celtic music school

DARTMOUTH

Artist offers lessons, jam sessions and workshops



Haley Ryan
Metro | Halifax

A new Dartmouth music school is hoping to be an alternative to the pub for budding musicians.

Shannon Quinn, a Halifax fiddler and vocalist, recently opened the Lydian School of Music on Ochterloney Street to offer private and group lessons and to bring young people together in a Celtic Session Club.

"That's where my heart is, Celtic music; I absolutely love it. I think I felt like there was a bit of a hole in that area when I was growing up," said Quinn on Wednesday.

Those starting off with fiddle, Irish flute or other Celtic instruments are often drawn to sessions at local pubs where older players jam together, and Quinn said while that's



Musician Shannon Quinn plays at her new Lydian School of Music in Dartmouth. JEFF HARPER/METRO

great teens and younger kids could benefit from another way to meet.

"It's a bar environment so, if

you're a young teenager, your parents don't necessarily want you in that," Quinn said.

"I wish there had been some

sort of club where I could have got some instruction."

Unlike classical music, Quinn said there's rarely

an emphasis on exams and grading systems for Irish musicians — a situation she would also like to change for those who want to take things to another level.

If there's enough interest, Quinn said, the official Comhaltas Ceoltóirí Éireann group could make the region an "exam centre" and bring an adjudicator here instead of people going to Ireland or New York for testing.

Quinn plays between students at her Dartmouth academy.

Quinn, who attended Humber College in Toronto, has toured with Scottish group The Paul McKenna Band and with Lenie Gallant, and has released two albums.

She discovered a love for teaching when in school, Quinn said, and now offers piano, voice, fiddle/violin and guitar lessons to her 18 students so far, as well as a Kindermusik program for newborns

to those five years old.

Besides the Celtic club, Quinn said, her father teaches guitar a couple times a week and runs the guitar song circle group class where adults can learn new songs to play including favourites from James Taylor, The Beatles and Bob Dylan.

Since Quinn plans on teaching about three times a week, she said she'll be able to keep touring in the summer and working on her third record through a small recording studio at one of the school's rooms that advanced students could also use.

At 26, Quinn said she's glad to start her own business "a bit younger" and has had great help through Futurpreneur with a small loan and a mentor as well as support from the music community.

"It's been really, really exciting," Quinn said. "It's such a nice little community."

“

It's a bar environment, so, if you're a young teenager, your parents don't necessarily want you in that.

Shannon Quinn

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ST. PATRICK'S DAY

Don't drink green beer and drive



Kristen Lipscombe
Metro | Halifax

The day before Nova Scotians break out the green beer, provincial police are reminding drivers that getting behind the wheel while drunk can have a dangerous impact not just on the roads, but also on their record.

Last month alone, Halifax police charged 31 drivers in total with impaired operation of a motor vehicle, Nova Scotia RCMP announced in a news release.

That includes 24 men and seven women between the ages of 18 and 66 years old.

Four of the 31 drivers faced charges of operating a motor vehicle while impaired by a drug, while 17 of the 31 drivers received driving suspensions for operating a motor vehicle

+ CAMPAIGN 911

Anyone who suspects an impaired driver is on the road is asked to call police, as part of MADD Canada and the provincial government's campaign.

while having consumed alcohol.

Police identified nine impaired drivers at collisions, 26 impaired drivers at traffic stops and four impaired drivers at police checkpoints.

"Officers were able to detect and charge persons at a wide range of blood alcohol content," the release said, adding eight drivers were detected at more than two times the legal limit, while three drivers were tested at more than three times the legal limit of alcohol per 100 millilitres of blood.

IN BRIEF

Man charged with assault and weapons offences

A 24-year-old Halifax-area man is facing a slew of charges after being arrested following an alleged assault late Tuesday night.

Police responded to the complaint about an assault happening inside an Oakfield home at about 9:40 p.m., a Halifax RCMP news release said, adding the caller indicated a 24-year-old man was assaulting a 53-year-old man.

Officers found the 24-year-old suspect at a Fall River business, arresting him "without incident," the police release said.

Daniel Joseph Michaud was set to appear in Dartmouth provincial court Wednesday. The victim received minor injuries. METRO

Missing Toronto man arrested in Nova Scotia

A man reported missing earlier this month by police in Toronto has been arrested and charged by police in Nova Scotia.

RCMP say 19-year-old Colin Rogers was arrested Tuesday following a report that a man had entered a Truro area business with a concealed weapon.

Police say officers responded and arrested a man a short time later near the Truro Heights Connector Road. Rogers later appeared in a Truro court.

The Mounties say Rogers has been charged with possession of a weapon dangerous to the public and two counts of breaching a recognizance.

THE CANADIAN PRESS

No trial date yet for 15-year-old murder

LEGAL AID

Counsel is sorted in case said to involve Hells Angels

Tentative trial dates have yet to be set for a man charged with two counts of first-degree murder dating from over 15 years ago, but his legal defence has been confirmed.

Leslie Douglas Greenwood, 46, sat quietly in Kentville Supreme Court this week as Judge Gregory Warner, defence lawyer Trevor McGuigan and Crown lawyer Peter Craig discussed process for his case.

McGuigan said Greenwood's counsel situation has been sorted out. Nova Scotia Legal Aid lawyer Karen Endres will join him in defending Greenwood.

McGuigan said the defence is "making significant progress" in reviewing disclosure material from the Crown but his instruction was to seek a further adjournment.

The purpose of the next court date will be identifying pre-trial motions and setting a timeline to deal with them.

Warner said both the court and Greenwood have expressed concern over delays getting the charges to trial. Greenwood has yet to apply for a bail hearing and remains in custody on a due-course-of-law remand.

The other Crown prosecutor involved with the case is Shauna MacDonald. Endres and MacDonald were not present for the March 15 court appearance.

Greenwood is charged with the first-degree murders of Barry Kirk Mersereau and



Sheriffs lead Leslie Douglas Greenwood into Supreme Court in Kentville this week. TC MEDIA

Nancy Paula Christensen. The couple was shot to death in their Centre Burlington, Hants County home in September 2000. It's alleged that the double murder was connected to the Hell's Angels.

Greenwood was convicted of the murders following a three-week Supreme Court jury trial concluding in May 2012. The convictions were overturned by the Nova Scotia Court of Appeals in September 2014 because of the use of hearsay

evidence in the first trial.

Greenwood is back in Nova Scotia to face charges here after a mistrial was declared in Quebec in December. There, he remains charged with the first-degree murders of Kirk Murray and Antonio Onesi in Notre-Dame-de-Grace in 2010, as well as conspiracy to commit murder. The jury was unable to agree on a verdict, leading to the mistrial.

In January, Greenwood told Judge Warner his re-trial in

+ GREENWOOD

Leslie Douglas Greenwood is originally from Colchester County and is a former resident of East Mountain, Pictou County and Bramber, Hants County.

Quebec wouldn't take place until 2018, possibly not until 2020. TC MEDIA

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Quinn Ava Catherine MacNeil shown here with her mother, Brandy MacNeil. CONTRIBUTED

Meet Cape Breton's 'The Mighty Quinn'

RECORD

Baby MacNeil one of biggest born in area at 13.3 lbs.

The mother of one of the biggest babies ever born in Cape Breton says she had no idea her daughter would weigh so much.

So it came as a bit of a surprise during Saturday's early morning delivery when Brandy MacNeil overheard the attending medical team speculate that the baby might weigh as much as 12 pounds.

"I laughed it off, but then I heard the doctor say that her shoulder blades were so big that they needed more hands to pull her out — so it was a quite

the surprise," said the 33-year-old mother of three girls.

For the record, Quinn Ava Catherine MacNeil was born at the Cape Breton Regional Hospital on March 12 at 3:34 a.m., about 7 1/2 hours after Brandy went into labour. She weighed at 13.3 lbs. and measured at 56.25 cm long.

"My oldest one was 9.8 pounds and she felt big, so this one definitely took the cake and the great news is that she is perfectly healthy," said Brandy, who resides in Shencadie, with husband Brian and daughters Oliva, 4, and one-year-old Breagh.

For her part, Brandy can't explain how baby Quinn grew so big.

"There's no rhyme nor reason — I wasn't diabetic and I had a perfectly healthy preg-

nancy," she said.

About two hours after the delivery, Brandy was found to be experiencing post-partum hemorrhaging and was rushed back into the emergency room.

The good news is that both mother and baby are doing fine and are expected to be released from hospital some time Thursday, but she said her husband Brian has hardly had any sleep since Quinn's birth.

"It's been a long few days and I don't think he has slept much, so we're all looking forward to getting home and we're all excited about Quinn," said Brandy.

The baby's nickname? "The Mighty Quinn," said Brandy's sister Ashley MacDonald. "I came up with that one. The whole family is going with it and Brandy likes it, too." TC MEDIA

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Prime Minister Justin Trudeau meets with UN Secretary-General Ban Ki-moon at the United Nations in New York on Wednesday.

KENA BETANCUR/AFP/GETTY IMAGES

Time for Canada to 'step up' again

PM talks gender equality

UNITED NATIONS

Trudeau aims to win back seat on security council in 2021

Canada will vie to win back a seat on the United Nations Security Council, Prime Minister Justin Trudeau says.

"We are determined to help the UN make even greater strides in support of its goals for all humanity," Trudeau said Wednesday in the lobby of UN headquarters in New York.

"My friends, it's time. It's time for Canada to step up once again," Trudeau said.

Canada will seek to win back

a seat for the 2021-22 term, Trudeau said.

As he made his much-anticipated announcement, Trudeau said that Canada has a long and honoured history with the United Nations that dates back to its founding in 1945.

"We are determined to revitalize Canada's role in peacekeeping," Trudeau said.

He said that his government has made pushes forward in recent months on issues like gender equality, refugee resettlement, respect for diversity, stability in the Mideast and answers to climate change, all of which are in sync with UN goals.

Under the Charter, the Security Council has primary responsibility for the maintenance of international peace and secur-

ity. It has 15 members, and each member has one vote. Under the Charter, all member states are obligated to comply with Council decisions.

The Security Council attempts to settle disputes peacefully and makes recommendations for terms of settlement in disputes. It can also impose sanctions and authorize the use of force.

The 190-plus members of the General Assembly won't vote on new candidates until the fall of 2020 so it will take at least five more years before Canada could start a two-year term.

That means Trudeau will have to win another federal election in 2019 if he wants to personally see Canada come "back."

TORSTAR NEWS SERVICE/WITH FILES FROM THE CANADIAN PRESS

Setting aside parental leave that can only be taken by fathers may be a way of improving the flexibility available to young families, Prime Minister Justin Trudeau said Wednesday before a clearly approving audience at the United Nations.

He said it is important to encourage parental leave and even single out leave just for dads.

He said he and his government are trying to make Parliament more family friendly, saying it's time to update an institution "designed for old, white guys."

Businesses and organizations can be encouraged to be more open to equality, he added. THE CANADIAN PRESS

SYRIA

Next priority: Finding jobs for refugees

Progress has been made on finding housing for Syrian refugees but the next big challenge is getting them a job, Immigration Minister John McCallum said Wednesday.

Recent figures suggest 69 per cent of the refugees outside Quebec have found permanent accommodation, up from 52 per cent a few weeks ago, he said.

"When you have huge numbers of refugees coming in at the same time, you never solve the problem overnight," McCallum noted. "There are always hiccups and bumps along the road, but I

think the speed with which the housing issue has been addressed augurs well."

The numbers don't include those from Quebec, which has its own program and where housing hasn't created the same dilemmas as in the rest of the country.

McCallum says the problem was most pronounced in larger cities like Vancouver and Toronto, where 50 per cent of refugees have now found homes, up from 30 per cent a few weeks ago.

The immigration minister says most should be housed by the end of April and the rest by the

end of June.

The Trudeau government met its initial goal of accepting 25,000 Syrian refugees at the end of February. Finding jobs becomes the next priority, and McCallum is speaking this week with industry representatives in Halifax, Montreal, Winnipeg and Vancouver.

Government-sponsored refugees don't often have a lot of education, but McCallum is confident refugees will be able to find work after getting some language education.

"I know there are many companies keen to employ these in-

dividuals and I know there are many industries in Canada with relatively low-skilled labour that have had chronic problems filling those jobs," McCallum said.

He was speaking at the Foundation of Greater Montreal's announcement of \$750,000 worth of aid to local groups sponsoring Syrian refugees.

Greater Montreal has the largest Syrian population in the country, so 95 per cent of refugees here are sponsored by family, while 80 per cent in the rest of the country are state-sponsored. THE CANADIAN PRESS

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IN BRIEF

American sentenced to 15 years in North Korea

North Korea's highest court sentenced an American tourist to 15 years in prison with hard labour for subversion on Wednesday, weeks after authorities presented him to media and he tearfully confessed that he had tried to steal a propaganda banner.

Otto Warmbier, 21, a University of Virginia undergraduate, was convicted and sentenced in a one-hour trial in North Korea's Supreme Court.

THE ASSOCIATED PRESS

Morocco cuts peacekeeping

The Moroccan government is reducing its staff and support for the UN peacekeeping operation in the Western Sahara to protest UN Secretary-General Ban Ki-moon's recent comments about the disputed territory. Ban recently visited Saharan refugee camps and referred to Morocco's "occupation" of Western Sahara, a former Spanish colony that was annexed in 1975. Morocco regarded the term as an insult. THE ASSOCIATED PRESS

U.S. SUPREME COURT

Obama nominates successor to Scalia

Ignoring Republican threats, U.S. President Barack Obama nominated appeals court judge Merrick Garland to the Supreme Court on Wednesday, thrusting a respected moderate jurist and former prosecutor into the centre of an election-year clash over the future of the nation's highest court.

Obama cast the 63-year-old Garland as "a serious man and an exemplary judge" deserving of a full hearing and a Senate confirmation vote, despite Republican vows to deny him both. Standing in the White

House Rose Garden with Garland, Obama argued the integrity of the court was at stake and appealed to the Senate to "play it straight" in filling the seat left vacant by the death of Justice Antonin Scalia.

"It's supposed to be above politics," Obama said of the high court. "It has to be. And it should stay that way."

Republican leaders, however, held to their refusal to consider any nominee, saying the seat should be filled by the next president after this year's election.

THE ASSOCIATED PRESS



U.S. President Barack Obama walks with Judge Merrick B. Garland, before announcing his nomination to the Supreme Court, Wednesday. GETTY IMAGES



Syrian refugee Mariam Aloush, 8, from Homs, Syria, poses for a picture at an informal tented settlement near the Syrian border in Jordan. "I remember our home in Syria and my school there. I just want to go back," said Mariam.



Syrian refugee Mohammed Bandar, 12, from Hama, Syria. "I want to become a doctor to be able to help people," said Mohammed.



Syrian refugee boy Ahmad Zughayar, 6, from Deir el-Zour, Syria. "I remember the sound of bombings on homes in Deir el-Zour," said Ahmad.



Yasmeen Mohammed, 11, from Eastern Ghouta, Syria. Yasmeen, whose family fled their town, said she misses her old life. "All I want is to go back to my school in Syria and see my friends," she said.

ALL PHOTOS MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Syrians mark fifth year since uprising

CONFLICT

War rages on as Moscow rises, U.S. retreats, Syria suffers

As Syrians mark the fifth anniversary of the uprising against President Bashar Assad, here are some of the key events in the conflict:

March 2011: Protests erupt in the city of Dara over security forces' detention of a group of boys accused of painting anti-government graffiti on the walls of their school. On March 18, security forces open fire on a protest in Dara, killing four people in what activists regard as the first deaths of the uprising.

August 2011: U.S. President Barack Obama calls on Assad to resign and orders Syrian government assets frozen.

March 2013: After advancing in the north, rebel forces capture Raqqa, a city of 500,000 people on the Euphrates River and the first major population centre controlled by the opposition.

August - September 2013: A chemical weapons attack in the Damascus suburbs kills hundreds. Obama, blaming Assad's government, says the U.S. has a responsibility to respond and puts it to a vote in Congress. Russia proposes instead that Syria give up its chemical weapons, averting military strikes.

October 2013: Syria destroys its chemical weapons production equipment.

June 2014: Syrians in government areas vote in presidential elections. Assad, one of three candidates, overwhelmingly wins with 88.7 per cent.

August 2014: Islamic State of Iraq and the Levant (ISIL) militants release video of the beheading of American journalist James Foley, the first of five

Westerners to be beheaded by the group.

September 2015: Russia begins launching airstrikes in Syria in support of Assad's forces.

November 2015: Seventeen nations meeting in Vienna adopt a timeline for a transition plan in Syria that includes a new constitution as well as UN-administered parliamentary and presidential elections within 18 months.

February 2016: Indirect peace talks between the Syrian government and opposition in Geneva collapse a few days after starting, over a Russian-backed Syrian army offensive in Aleppo. The U.S. and Russia announce a partial ceasefire in Syria will start Feb. 27.

March 2016: The UN's Syria envoy says indirect peace talks will resume in Geneva on March 14. Russian President Vladimir Putin also announces that his armed forces will begin withdrawing from Syria.

THE ASSOCIATED PRESS



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Women get career help

RETURN TO WORK

Program aims to get women in finance back on track

In 2012, after a 12-year career working for global investment banks in Asia and the United States, Meric Koksall did what many women do at some point in their lives: she put her career on pause.

Koksall wanted to spend more time with her two young daughters and pursue her interest in pilates. After three years, Koksall moved to Canada in 2014 with an eye to getting back into finance.

Through her networking efforts, Koksall discovered the Return to Bay Street Program, run by advocacy and networking group Women in Capital Markets.

The program, now in its fifth year, has helped 22 women including Koksall re-

turn to their careers in finance by setting them up with four-month paid contracts at large Canadian financial institutions. Twenty-one of those women have since landed full-time jobs.

This year, Return to Bay Street is expanding to Montreal, starting with a workshop next Tuesday that will help candidates prepare for the application process.

Jennifer Reynolds, the president and CEO of Women in Capital Markets, says she hopes some of the contracts secured for applicants this year will be in Montreal, where National Bank, one of the participating financial institutions, has a sizable presence.

Reynolds says part of the program's success has been rooted in the fact that it allows women to re-enter the industry at a similar level to where they were when they left — rather than starting from scratch in a junior position such as an associate.

THE CANADIAN PRESS



NEWSPAPERS

Publisher steps down

John Cruickshank has announced he is stepping down as publisher of the Toronto Star and president of the Star Media Group, effective May 4.

His final day coincides with Torstar's annual meeting. He will continue to serve as co-chairman of Canadian Press Enterprises (CPE) and as one of Torstar's directors on the CPE board.

"Today, I am announcing that I'm ready to leave scaling new journalistic heights to someone with less-arthritic limbs and more recently acquired tools and skills," Cruickshank said in a statement on Wednesday.

TORSTAR NEWS SERVICE

New app splits cheque based on privilege



Luke Simcoe
Metro | Toronto

A new app can help you check your privilege when it comes time to split the cheque.

EquiTable takes a restaurant bill, divides it by the number of

diners and adjusts how much each person owes based on the wage gap between genders and races. So, a white man out for dinner with a black woman would fork over more cash to cover the bill.

"It doesn't split the bill equally; it splits it equitably," said the app's creator, Luna Malbroux.

Malbroux, a comedian and anti-bias educator from California, admits the app has its tongue planted firmly in cheek but said it's a fun way to start a conversation about a serious issue. "I hope it helps people think a little bit more about how the wage gap affects different people," she said.

In Canada, a recent report showed women earn an average of \$8,000 less a year than men, a wage gap that's twice the global average.

Malbroux said the gap grows larger when factors such as race or disability are factored in.

EquiTable plans to launch on iOS later this week.

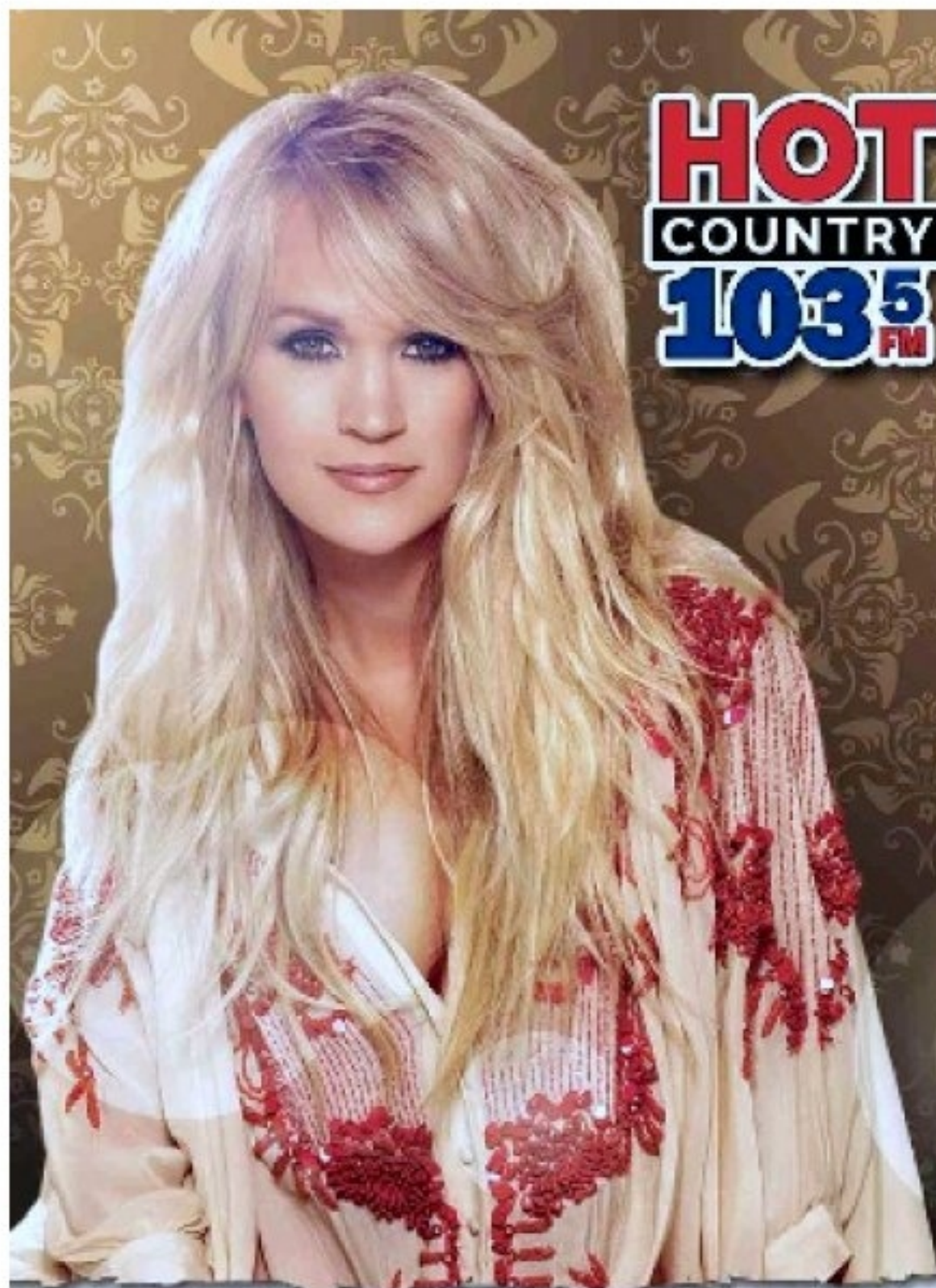


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THOMAS WALKOM ON TRUMP AND TRADE



Trump's success with white working-class voters in the U.S. stems less from his racism than his recognition that free trade has cost jobs.... Certainly, no major Canadian political party is campaigning on opposition to NAFTA. But will our era of free trade last?

Canadians used to fret over free trade. They don't much anymore. The notion that trade and investment deals are good things to pursue has become part of this country's political orthodoxy.

The Liberals, who famously called the original 1984 Canada-U.S. Free Trade Agreement a threat to Canada's very existence, now take credit for implementing the 1993 North American Free Trade Agreement, its far more intrusive successor.

Even the New Democrats have become accepting. They may oppose the looming Trans-Pacific Partnership trade and investment deal. But they broke with their union allies to support the 2015 free trade pact between Canada and South Korea.

So it is intriguing to see free trade emerging front and centre as one of the key political issues in the U.S. presidential election.

Free trade has been a part of modern American politics since NAFTA integrated the economies of the U.S., Canada and Mexico.

Ross Perot based much of his 1992 third-party presidential campaign on his opposition to signing NAFTA. Bill Clinton, the Democratic candidate and eventual president, essentially supported it.

Over time, Democrats,

The Trump phenomenon is tapping into real anger. It could be channelled into the politics of nativism and race — or a rethinking of the international economy.

including U.S. President Barack Obama, played a more devious game — criticizing trade deals on the hustings, but supporting them once in power.

In those years, only the Republicans could be counted on to support unfettered free

of-consciousness speeches. Trump returns again and again to free trade. Does Ford want to build cars in another country? Go ahead, Trump dares the auto giant. But be prepared to pay a stiff tariff on every vehicle you bring into the U.S.

TPP, a trade deal that she, as Obama's former secretary of state, helped to negotiate.

She now says she doesn't support "what I know about (the deal), as of today."

All of this is coming at a time when some mainstream economists are rethinking their reflexive support of free trade.

Paul Krugman, the Nobel laureate who writes in the New York Times and had been a booster of trade deals, noted recently that such pacts are not panaceas for ailing economies.

Free trade, he wrote, doesn't always provide more jobs. It is not an unalloyed engine of economic growth. It invariably produces losers as well as winners.

Theoretically, he said, winners from free trade could compensate losers so that everyone is marginally ahead. For instance, hedge fund managers could share some of their millions with unemployed steelworkers.

But they don't.

In Canada, polls suggest that roughly a third of the population still opposes NAFTA, down considerably from the 60 per cent against the deal when it was signed.

Certainly, no major Canadian political party is campaigning on opposition to this bedrock trade and investment deal.

But will Canada's era of free trade last? That in large part depends on the U.S.

The Trump phenomenon is tapping into real anger. This could be channelled into the politics of nativism and race.

Or, it could result in something almost as disruptive but considerably less ugly — a rethinking of the entire international economy.

Thomas Walkom is a national columnist for the Toronto Star.



HARD BARGAIN When the North American Free Trade Agreement was signed in 1993, 60 per cent of Canadians opposed it, compared to just a third today. But the pro-trade trend could be in jeopardy thanks to changing attitudes and Donald Trump's protectionism, Thomas Walkom writes. GEORGE BUSH PRESIDENTIAL LIBRARY AND MUSEUM

trade in both word and deed.

With Trump, however, all of this has changed. Barring a miracle, the billionaire developer is poised to become the Republican Party's presidential nominee this summer.

And Trump is basing his campaign on adamant opposition to free trade.

As journalist Thomas Frank noted this week on CBC Radio and earlier in the Guardian, Trump's success with white working-class voters in the U.S. stems less from his racism and more from his recognition that free trade has cost too many people their jobs.

In his rambling, stream-

Does Carrier plan to move its air conditioner manufacturing plant from Indiana to low-wage Mexico? Fine, says Trump. Just don't expect to sell those air conditioners in the U.S.

Perhaps Trump too is simply playing politics. Perhaps he'd fall into line with the free-trade needs of corporate America if he won the White House.

But in the meantime, he and Democratic challenger Bernie Sanders, another free-trade critic, are changing the dynamic of American politics.

Sanders' critique of free trade has forced his opponent, Hillary Clinton, to do an embarrassing U-turn on the

ROSEMARY WESTWOOD

metroview

The media couldn't have helped Trump more if he paid us

We knew we were doing it. We just couldn't help ourselves.

And if Trump makes it to the White House, many will blame the media, in part, for his victory.

Who could argue with them? The coverage has been overwhelming. From the start, we were hooked on Trump like a bad habit. He was the headline we couldn't run enough.

Sure, readers devoured the jokes and think pieces. But if he wins, we're going to have to lie in the bed we helped make. And it's going to be prickly as hell.

We're all going to get the Megyn Kelly treatment, and already are. During last night's primary victory speech, amid jeers from the crowd, Trump accused the media of "lies, deceit, viciousness, disgusting reporters, horrible people." Not only will Trump call us names, restrict our access, and generally infringe on our ability to do our job — but his supporters will love him for it.

And we're going to feel a lot like Republican leaders: sheepish that we didn't see it coming, this toppling from our pedestal, this hollowing-out of respect. Because the media, in the eyes of Trump-lovers, Sanders-lovers, and many others, are the establishment. And we should burn right along with it.

How ironically well we've

aided that message. While the New York Times has been accused of being the mouthpiece for Hillary Clinton's campaign, and Fox News for Marco Rubio's, every American media outlet and many international ones have combined to become Trump's megaphone. We couldn't have done any better if he paid us. When the Times measured Trump's paid advertising versus free media coverage this week, his lead was gargantuan: nearly \$1.9 billion worth of free media. Clinton was second, with less than half that. The best of the others had less than a quarter.

Yes, I'm adding to the total. But then again, Trump can't be ignored. And if Canadians think we're immune from the forces propelling his candidacy, we should think again. Many mainstream media skeptics reside north of the border. We, too, have income inequality and racism. We, too, are witnessing dramatic social and economic change. And we have our own corporate reality TV star (Kevin O'Leary) waiting in the wings to pet egos and dull intellect.

No, we're not the U.S. But populism is also rising in Europe. Why not here? A popular meme calls Trump "what would happen if the comments section became a human and ran for president."

Read the comments sections on Canadian sites, and tell me that joke doesn't land.

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Memoir out of Antarctica

TORSTEN BLACKWOOD/AFP/GETTY IMAGES

WRITER-IN-RESIDENCE

Author reveals reality of life of isolation on ice continent

Sue Carter
For Metro Canada



The closest most of us will ever get to Antarctica is watching nature documentaries or animated films starring dancing penguins. For those willing to hand over the cash, there are cruises that offer "drive-by" views of its icebergs and seal colonies, but few have actually set foot on the world's coldest, southern-most continent, let alone live there for any amount of time.

"When you go to the Antarctic you're initiated into a select

society," says author Jean McNeil. "It's a little bit like being part of the NASA team; it's like you're off the planet. The rest of the world peels away while you're there."

For four months in 2005, the Nova Scotia-born author became part of that select society as a writer-in-residence with the British Antarctic Survey, working and living alongside a team of scientists. McNeil, who previously wrote a novel and poetry collection inspired by Antarctica, never intended to write a memoir about the experience, but her new book, *Ice Diaries*,



It's like you're off the planet. The rest of the world peels away while you're there.

Jean McNeil on her time in Antarctica

is a welcome literary-minded addition to a category of books dominated by male explorers.

Published by ECW Press, *Ice Diaries* blends McNeil's journal entries with ruminations on the harsh environment and climate change, woven with a side storyline about her rough upbringing in Eastern Canada that she recounts as being filled with its own dangers and hardship. McNeil, who now lives in London and teaches creative writing at the University of East Anglia, often had to justify her presence as a novelist to the team of geologists and oceanog-

raphers. "It's hard to not to feel very useless in an environment where so many people are so capable," she says. "Everyone else there could look at each other and know what they were doing; they knew so-and-so was there to put up meteorological balloons. But with me, I had a lot of explaining to do."

As an active member of the team, McNeil expanded her scientific knowledge, developing a particular interest in glaciology. She also learned about her own limits while battling an intense sense of entrapment and paranoia, brought on not just from being geographically isolated, but from living and working in close quarters with a tightknit group of people.



Author Jean McNeil adds a memoir, *Ice Diaries*, to her novel and poetry collection based on her experience of living as a writer-in-residence in Antarctica. CONTRIBUTED

"I felt very claustrophobic and confined," she says. "When you have those powerful emotional swings in one's normal life there are ways you can mitigate that. You can go for a walk in the park or see your friends or family, or go have a coffee at a Starbucks or wherever. Symbolically here, there's no escape from your emotions. I think a lot of people make a mistake in thinking that when you go to place like that, it's all about the landscape and the natural wildlife, but what it really is about is other people."

McNeil, who says she wrote the book partly on behalf of the Antarctic, knew she would have to dispel the romance of the place and be honest about the challenges she faced. "People are expected to come back and deliver 'it was the most wonderful time of my life' narrative. The writer, of course, is that person who deals in much more grey areas," she says. "The Antarctic is a very good way to get to know yourself."

Sue Carter is the editor at Quill & Quire magazine.

SO SAD TODAY

Melissa Broder finds humour in her depression and anxiety

"I've been awake 7 minutes and it's already too much," reads a tweet from @SoSadToday.

Melissa Broder started the anonymous Twitter account while working in publicity at Penguin Random House as a place to exercise dark humour and attempt to empty out her anxious thoughts.

As her followers grew into the hundreds of thousands, including celebrity names such as Katy Perry, it snowballed into a column for VICE.

At VICE, Broder still wrote anonymously, experimenting

with essays, advice and interviews with porn professionals. Broder, a published poet in her early 30s, kept her name off her work until last year when she secured a book deal based on the concept.

So Sad Today is an extension of Broder's Twitter account, with 18 personal essays touching religion, addiction, extramarital affairs, counting calories and Botox.

The book is intimate, unfiltered and painfully honest — for instance, there's an entire chapter on her vomit fetish.

Broder told Rolling Stone she dictated most of the book to Siri while driving around Los Angeles, which explains why it reads like a stream of consciousness rather than something carefully and deliberately constructed.

The advantage of this form is it gives reader a raw portrayal of how Broder experiences depression and anxiety — how she manages suicidal thoughts, found the right mix of medication and her reasons behind meditation.

She communicates what a

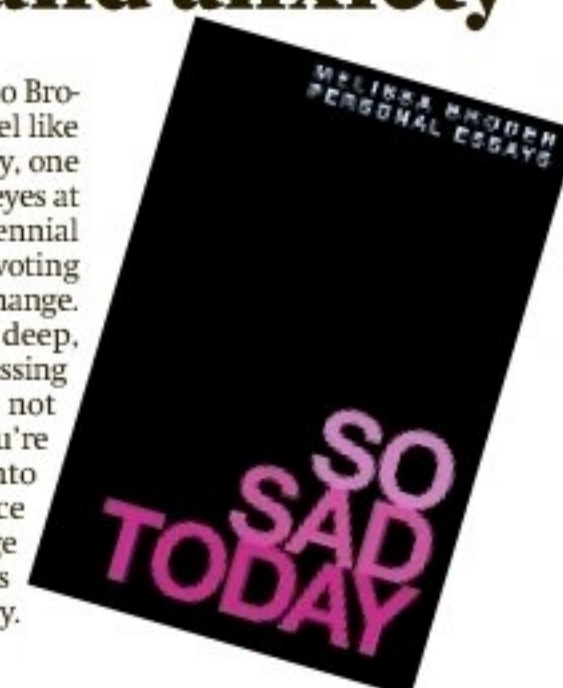
big part of her life her illness is while remaining able to see humour in it. "The ocean gives me performance anxiety about being at peace," she writes.

Although she writes that she's constantly fretting about what people think about her, Broder is still open (and funny) when addressing her shortcomings — ranging from her struggles with addiction to romance: "I've been romantically obsessed with so many people that I've kind of become a getting-over-the-fantasy-of-people athlete."

But this immersion into Broder's thoughts can also feel like an unedited Internet diary, one that many may roll their eyes at as a quintessentially millennial form — self-absorbed, devoting a chapter to a sexting exchange.

If you're looking for a deep, thoughtful memoir addressing mental illness, this may not be the book for you. If you're looking for a window into one woman's experience with this illness in an age where someone is always watching, it's worth a try.

TORSTAR NEWS SERVICE



INDIGO

Does Heather really choose her picks?



Indigo CEO Heather Reisman says she really does pick all of her Heather's Picks. "I am so careful. ... it only has to be something that I love like crazy." TORSTAR NEWS SERVICE

Just as Martha or Gwyneth trigger a pang of underachievement in domestic doyennes, Heather Reisman is an intimidating figure for book lovers. She's the founder and CEO of Indigo, Canada's leading "cultural department store" and she still has time to polish off Jonathan Franzen's latest door-stop. What's your excuse?

Since 1998, she's been the face of 262 Heather's Picks, the Oprahesque seal (or sticker) of approval that comes with a money-back guarantee and has emerged as a reliable sales driver. "Almost all Heather's books end up selling quite well," she says, sitting in a chair in her in-office sitting area, bowls of fresh oranges and almonds on the coffee table.

In the lap of her black-pleated skirt is the next Heather's Pick. *The Nest*, the debut novel by American writer Cynthia D'Aprix Sweeney, is a family saga about siblings who clash over an inheritance. HarperCollins' Ecco imprint bought it in a seven-figure deal in December 2014.

In a rare intersection of Indigo endorsements, *The Nest*, out March 22, has been named both a Heather's Pick and a Staff Pick which, since 2012, has been chosen by a revolving panel of Indigo employees from stores and head office. The only previous novels to receive both bless-

ings were 2014's *All The Light We Cannot See*, which went on to win the Pulitzer Prize, and last year's *The Girl On The Train*.

"(The Nest) came to me from our internal print team in a very early ARC (advance reader copy)," she says. "It was with 10 other books that they brought to me. I loved the (turquoise) colour. It had a beautiful cover. Literally halfway through the first paragraph I was already into it."

Most Heather's Picks grab her from the first page. If she isn't hooked after 20 pages, she's done.

"Literally 20 pages," she says. Reisman is constantly playing defence against the perception that she is as much reading Heather's Picks as J. Lo is whipping up Miami Glo in her bathtub.

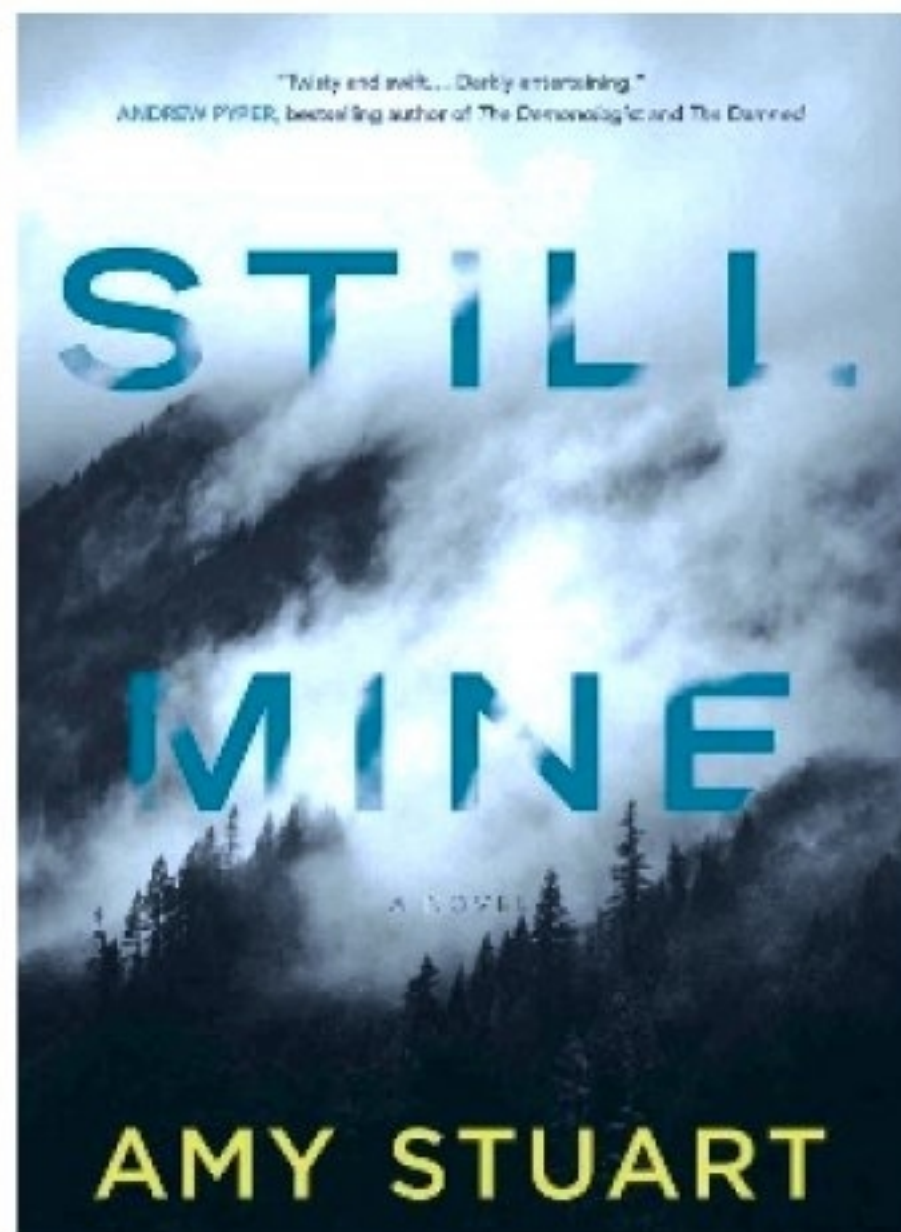
"I get asked all the time, do you really pick your Heather's Picks?" she says. "And it makes me smile because I am so careful about what becomes a Heather's Pick and it only has to be something that I love like crazy."

She tries to read a book a week. "Sometimes it doesn't happen," she says. "I'm like everybody else. If two weeks go by and I haven't read, I get out of the habit. I usually start reading a book on the weekend. If it's really good I'll finish it."

TORSTAR NEWS SERVICE

Publishers are willing to spring for next big thing

These days, the literary world looks a lot like the housing market. Publishers are doubling down on debut novelists as they hunt for the Next Big Book. This means bidding wars, auctions and astronomical advances. This way of doing business comes at a cost: novels without commercial appeal but with considerable literary merit are being ignored and left unpublished — but it also means the book market is more fascinating. Here are some of the books publishers believe in this spring, all from first-time fiction authors. TORSTAR NEWS SERVICE



Still Mine

By: Amy Stuart

Six and seven-figure book deals are uncommon in Canada, but there's a success story in the works here that is seeing an author's career build in a different, and likely more sustainable, way: Torontonian Amy Stuart's debut novel *Still Mine* (March 1) was pitched as *Top of the Lake* meets *The Silent Wife* — and was snapped up by Simon & Schuster Canada in a two-book deal. It was recently chosen as a Costco Buyer's Pick, selected for Chatelaine's Book Club and named one of the official best books of March by Amazon.ca. All this has translated into interest from U.S. publishers, although a deal hasn't been announced yet.



Maestra

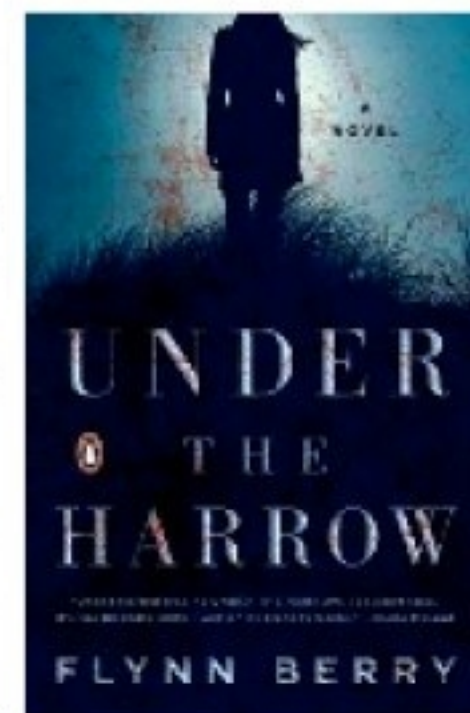
By: LS Hilton

Perhaps the best news out of the literary world is the search for the new EL James might be over. U.K. author LS Hilton is the alter ego of respected historian Lisa Hilton. An early draft of her sexual thriller *Maestra* (April 19) was met in Hollywood with a flurry of excitement — and a seven-figure deal for a movie script that is now in development. A three-book, 36-country publishing deal with Putnam was also arranged.

Under the Harrow

By: Flynn Berry

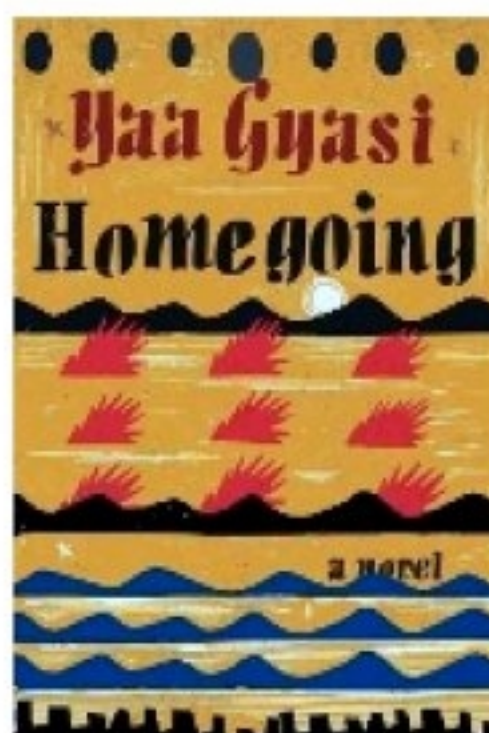
World rights for Flynn Berry's suspenseful — but with an upmarket literary bent — *Under the Harrow* (June 14) ended up with Penguin, after an auction that saw many other publishers attempting to get in on the action. Audio rights were also sold in a heated auction between three audio publishers, and this is unusual for a debut novel. The novel is set in a small English town and tells the story of a pair of sisters, one of whom is found brutally murdered, and how their past may have informed their tragic future.



Homegoing

By: Yaa Gyasi

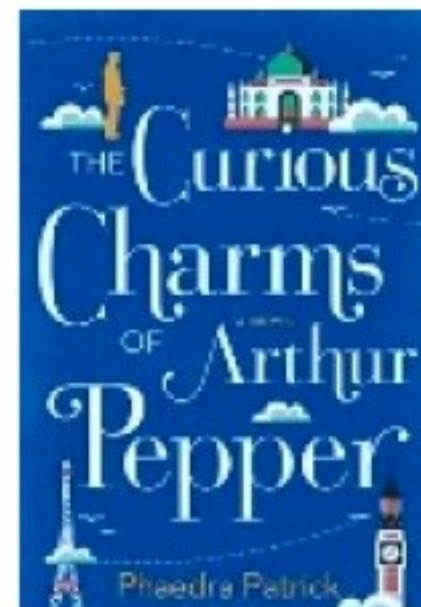
The talk of this year's London Book Fair was a novel called *Homegoing* (June 7) by young American/Ghanian writer Yaa Gyasi. This novel — it follows two half-sisters in 18th century Ghana, who are born in different villages and lead vastly different lives — is rumoured to have garnered seven figures when it was sold to Knopf after a ten-publisher bidding war. Knopf is banking on it being the next *Goldfinch* or *A Little Life*, and there's a great deal riding on that hope — including a young author's career. The reality of such vast advances can be dire, leaving authors with poor sales records and dim prospects if they don't over-achieve.



The Curious Charms of Arthur Pepper

By: Phaedra Patrick

Phaedra Patrick's *The Curious Charms of Arthur Pepper* (May 3) was bought by Mira Books in a two-book six-figure "pre-empt" — meaning the publisher made its best offer before any other publishers had the chance. The book is about a 69-year-old man who discovers a mysterious charm bracelet of his recently deceased wife and finds himself on a journey of healing.



Weeknights at 6:30amish counts down the HOTTEST songs of the day.

6 SIX@6 LAST NIGHT:

6 Alessia Cara
Wild Things

5 Lukas Graham
7 Years

4 Tory Lanez
Say It

3 Zayn
Pillow Talk

2 Rihanna ft Drake
Work

1 G-Eazy ft Boie Boie
Me, Myself and I

101.3
THE BOUNCE

STOP THE
CLOCK

8:20 WEEKEND MORNING

1013TheBounce.com 1013TheBounce

Series tackle chemical warfare

IN LOVE AND WAR

Shows tackle consequences and personal involvement

Despite being set in the 1980s, the spy drama *The Americans* has a reputation for storylines that shed light on present-day situations.

Starring Matthew Rhys and Keri Russell as expertly trained KGB spies posing as happily married parents, the series has covered everything from the Soviet-Afghan War to broader topics like teenage rebellion, divorce and religion.

The fourth season, which premiered Wednesday on FX Canada, centres on the all-too-real present-day threats of biological and chemical warfare, thanks to the addition of cast member Dylan Baker. The *Good Wife* actor plays William, a scientist and defector with enough clout to get his hands on lethal biological ammunition for Mother Russia.

Americans creator Joe Weisberg, head writer on the series, said the idea for this storyline came after they learned that the Soviets had spent decades building what he called a "tremendous amount of biological weapons in the event there was a nuclear exchange. They wanted a second set of weapons in case their nuclear weapons got wiped out."

"It seemed interesting and frightening. And also, because there have been so many movies and TV shows that have dealt with this topic, that made it very appealing to us because we love to subvert the genre," Weisberg said.

"How do we do a version of it that is our spies, whom we care about, living in suburban Virginia and having to deal with the frightening aspects but also the moral aspects of having to steal certain pathogens? How does that filter in our lives?"

Biological and chemical warfare have routinely infiltrated entertainment programming just as they are lead newspaper headlines and TV newsmagazine reports. They've popped up in series as diverse as *The 100* and *Blindspot*.

Upcoming series *Containment*, which will soon air on Global, deals with the aftermath of a viral outbreak started under mysterious, possibly terrorism-related, circumstances. (And, as the most ardent connoisseurs of hate-watch TV will tell you, the U.S. Marine Corps' supposed use of sarin was a catalyst for



The Americans' Matthew Rhys and Keri Russell as expertly trained KGB spies posing as happily married parents who are tasked with stealing pathogens in Season 4. CONTRIBUTED

another story in the second season of *The Newsroom* in 2013).

But biological and chemical weapons stories lend themselves especially well to the espionage genre. The most recent season of *Homeland* featured a character tortured with sarin gas as well as a plot to leak the same substance through a Berlin subway station.

In an interview with *Homeland* executive producer Alex Gansa, the *Wall Street Journal* reported that the second story line developed after a "meeting with a member of the coalition of nations tasked with eliminating Syria's stockpile of chemical weapons."

In April, AMC will premiere *The Night Manager*, a co-production with the BBC that is currently airing in the U.K. The series is an update of the 1993 John le Carré novel, featuring Hugh Laurie's Richard Onslow Roper — also described as "the worst man in the world" — as a black market dealer of arms and chemical weaponry. Meanwhile, his public persona is that of a self-made philanthropist who runs refugee camps and delivers TED-style talks. Tom Hiddleston also stars as Jonathan Pine, an agent working to bring down Roper.

AMC declined to comment for this story, but Laurie addressed the idea of showing the behind-the-scenes mechanics of arms

deals (and the megalomaniacs who profiteer from them) during The Night Manager's Television Critics Association press day in January in Pasadena, Calif.

"The violence that he does, the violence that he brings to the world and profits from, may as well (be) psychotic," Laurie said of Roper, adding, "It's not good for one's sanity, I think, to be able to operate unopposed, and this is a man who has created a world for himself where he can operate unopposed, unchallenged."

With *The Americans*, the situation is less glamorous. Although the series is full of wigs, disguises and false personalities, it remains a show about the people on the ground and what they are giving up in the name of what they are taught is the greater good.

"The whole trope of the spy genre is how exciting it is to be a spy; you want to be James Bond. And the whole concept of this show is how awful it is to be a spy because spies are soldiers," said executive producer Fields.

"You can make a war film that makes war seem heroic, but you talk to anybody who's actually been on the front line, and they can believe completely in the justification of their cause and the righteousness of their battle, but nobody wants to be at war."

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Maternal manipulation

THE SHOW: *House of Cards*, Season 4, Episode 10 (Netflix)
THE MOMENT: *The Deathbed*

Claire Underwood (Robin Wright), who's running for U.S. vice-president, is talking to her mother Elizabeth (Ellen Burstyn), who wants Claire to hasten her imminent death.

"When you were small, you would sit at that window every night, trying to make the sun rise all by yourself," Elizabeth says. "Your daddy would put you in bed after you'd fallen asleep with your face against the glass. I was so jealous."

"Of me and daddy?" Claire asks.

"That you believed you could make the sun rise," Elizabeth answers.

"I can't do it, Mother," Claire says. "I can't do what you want me to do."

"Claire," Elizabeth says flatly. "It would help you win."

I was relieved when this scene came along, because I was losing patience with this season, and this show. It's at once too cynical (there is not one decent soul in all of government) and too silly (a husband and wife running for president and VP? Come on).



In the cynical world of *House of Cards*, Claire Underwood (Robin Wright, left) may stand to benefit from the sympathy vote if her mother, Elizabeth (Ellen Burstyn, right), passes away before the election. CONTRIBUTED

House of Cards' strength, however, is scenes like the one above: the dramatization of how easily people are manipulated, even (or especially) if the end result is not in their best interests.

Its writers couldn't have anticipated the absurdist reality show that is Donald Trump. But both point up the risk of democracy. A vote is a vote, no matter how under-educated, narrow-

minded or loopily sentimental the voter.

As threatening as Frank Underwood (Kevin Spacey) tries to be, there is nothing more dangerous than a citizen with his/her hand on the wrong lever.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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MAR 29 - MAY 29

SHREK The Musical

BASED ON THE DREAMWORKS ANIMATION MOTION PICTURE AND THE BOOK BY WILLIAM STEIG
BOOK AND LYRICS BY DAVID LINDSAY AEMIRE
MUSIC BY JEANINE TESORI
ORIGINALLY PRODUCED IN ENGLAND BY DREAMWORKS THEATRE
PHILIP STUBBS PRODUCTIONS

AudiHalifax The Berkeley ExxonMobil Imperial PREMIERE

HALIFAX



Custom builds on wooded lots

KINGWOOD NORTH



CONTRIBUTED

Project overview

The final phases of Kingswood North, an established community surrounded by forest, are now open. There are 96 home sites in phases six and seven with road front or lane front options.

Housing amenities

Use your own builder or pick from a turn-key home package from the Kingswood North building partners. All lots are at least an acre in size and are completely wooded, offering plenty of privacy and space.

Location and transit

Kingswood North is located between Hammonds Plains Road and Lucasville Road and a short drive to Bedford and Sackville. The new phases are off of Bryanston Road on Savoy Avenue, and Singer Drive.

In the neighbourhood

Kingswood North is country-style living with city amenities. Kingswood is within 10 minutes from shopping and services on Larry Uteck Blvd., 10 minutes to Highway 102, five minutes to Highway 101 and 25 minutes to downtown Halifax.

+ NEED TO KNOW

Developer: Armco Communities
Builders: Stonewater Homes, Gerald Mitchell Homes, Destiny Homes, Skymark Homes
Pricing: Homes start at \$329,900 and lots start at \$80,000.

Houses: Custom built single family homes and turn-key home packages
Status: Final phases six and seven are now open
Info: kingswoodnorth.com
 902-422-1402
 sales@armcocap.com

SAFETY

Tips to keep feathered pals from hitting glass panes

With a house close to the Eastern Pennsylvania woods — and the wildlife that lives there — Jeff Acopian wrestled with a problem that afflicts homeowners around the world.

"Birds were hitting our windows and dying," the Easton resident says. "And we didn't like it." An engineer by profession and a naturalist at heart, Acopian came up with a solution: Acopian BirdSavers, a fixture that involves dangling pieces of parachute cord in front of windows to keep birds from flying into them.

"It sounds pretty bad when you tell someone to hang strings on their front window," says Acopian, who nixed his original remedy, hanging strings of beads, because it made his house look like "a hippie pad."

"But when people actually see it, it is not objectionable at all," he says.

BirdSavers (at birdsavers.com) is one of a growing number of options available for folks who want to keep birds from crashing into their windows but don't want to hurt

their home's curb appeal in the process.

Christine Sheppard, who runs the bird collisions campaign for the American Bird Conservancy, cites a range of relatively simple ready-made products — BirdSavers, window tape and external screens among them — as well as DIY fixes like washable window paint or hanging branches in front of windows.

These solutions are effective enough while also being subtle.

"You can reduce collisions

without making your house ridiculous," Sheppard says.

While bird collisions are hardly new, she says, the magnitude of the problem is increasing, largely due to more widespread urbanization and a trend toward larger panes of glass in both residential and high-rise construction.

Birds are either fooled by the transparency of the glass, or believe the reflections they see in them — trees, shrubs and the like — are real, and die trying to reach them, she says.

THE ASSOCIATED PRESS



A window fixture uses parachute cord to deter birds from flying into the trees and bushes they see reflected in the glass. ACOPIAN BIRDSAVERS/THE ASSOCIATED PRESS



Canada's Milos Raonic advanced to the quarter-finals of the BNP Paribas Open with a 6-4, 7-6 win over Tomas Berdych

metr SPORTS

Host Huskies ready to bring it

HOCKEY

Eighth seed Saint Mary's upbeat for University Cup



Kristen Lipscombe
Metro | Halifax

For defencemen Jamie Doornbosch and Michael D'Orazio, this is it. This weekend will be their last time wearing maroon and white jerseys, their last chance to show both the city — and the country — what the Saint Mary's Huskies can do on the ice.

The Huskies host the 2016 University Cup CIS Men's Hockey Championship at the Scotiabank Centre in Halifax, starting Thursday with quarter-finals and culminating Sunday with the medal games.

"Being in our fifth year now, we realize how hard it is to get



Saint Mary's Huskies head coach Trevor Stienburg reflects on the 2015-16 season, prior to puck drop on this year's University Cup, being held at the Scotiabank Centre in Halifax. JEFF HARPER/METRO

here," 25-year-old D'Orazio of Richmond Hill, Ont., said Wednesday of having one last shot at Canadian Inter-university Sport bragging rights, with home ice advantage to boot.

"It's definitely a good experi-

ence, and a good opportunity to end our careers here on a high note," 26-year-old Doornbosch of Scarborough, Ont., added, following a press conference held at the downtown arena the day before puck drop to help promote the University Cup, which comes to Halifax for the second straight season.

The Huskies enter the four-day tournament as the eighth and final seed, having received an automatic bye as this year's host team. That being said, the Saint Mary's men have had a decent season so far, falling 3-1 to the St. Francis Xavier X-Men in Atlantic University Sport semifinals, despite dealing with an injury-ridden roster.

"We've got to make some decisions whether we dress a couple of guys that are 70 per cent, versus some lesser-skilled guys

ceived the Dr. Randy Gregg Award for his commitment to hockey, academics and community service, while X-Men forward Erick Locke was named to the first all-star team.

Also from a Nova Scotia university, defenceman Matthew Pufahl of the Acadia Axemen was named to the second all-star team.

KRISTEN LIPSCOMBE/METRO



Saint Mary's Huskies forward Ben Duffy and St. Francis Xavier X-Men forward Cory MacIntosh cross sticks during the Huskies' recent AUS playoff loss. The Huskies are fired up to make amends for that as hosts of this year's University Cup. JEFF HARPER/METRO

that are ready to go," Huskies head coach Trevor Stienburg said Wednesday of how his line-up is holding up health-wise.

"So that's our challenge," he said. In fact, following that disappointing AUS semifinal series loss, for about a week there were only about seven or eight forwards practising, while their teammates rested up and tended to various aches and pains.

Despite this season's difficulties, Stienburg assures Halifax hockey fans that "all the guys ... are fired up" for puck drop this weekend. The Huskies face off against the top-seeded UQTR Patriotes at 8 p.m. on Friday, the fourth and last game of quarter-final action, which unfolds over two days and are followed by Saturday's semifinals.

"Things I couldn't get them to

do all year, I say, 'Let's do this,' and they go, 'Yeah!'" Stienburg said with a chuckle of everything from repetitive face-off drills to riding the stationary bike a bit longer. His Huskies know they're up against a highly-skilled Patriotes squad Friday, but Stienburg added "anything can happen" on the ice over the next four days.

Doornbosch and D'Orazio, two of a half-dozen fifth-year Saint Mary's players, know exactly that, and know how easily success can slip through their hockey gloves. They were with the Huskies when they lost 2-0 to the UNB Varsity Reds in the final game of the 2013 University Cup, held at the University of Saskatchewan in Saskatoon.

"We spent five great years here, but to end it off with a na-

+ PUCK DROPS

Thursday, March 17:

4 p.m.: Quarter-final 1 – Carleton Ravens (7) vs. Saskatchewan Huskies (2)

8 p.m.: Quarter-final 2 – Alberta Golden Bears (6) vs. St. Francis Xavier X-Men (3)

Friday, March 18:

4 p.m.: Quarter-final 3 – UNB Varsity Reds (5) vs. Western Mustangs (4)

8 p.m.: Quarter-final 4 – Saint Mary's Huskies (8) vs. UQTR Patriotes (1)

Saturday, March 19:

12 p.m.: Semifinal 1 – Winner QF1 vs. Winner QF2

4 p.m.: Semifinal 2 – Winner QF3 vs. Winner QF4

Sunday, March 20:

2 p.m.: Bronze medal game

6:30 p.m.: Gold medal game

• Quarter-finals and the bronze medal game air live on Eastlink TV, semifinals and the gold medal game air live on Sportsnet 360 and TVA Sports 2, and all eight games will be webcast live at www.CIS-SIC.tv. Visit www.universitycup.ca for more. KRISTEN LIPSCOMBE/METRO

tional championship, would be a cherry on top, D'Orazio said.

"Especially to do it at home, would be something special; something we'll remember for the rest of our lives."

+ CIS AWARDS

St. Francis Xavier X-Men bench boss Brad Peddle has been named the Canadian Interuniversity Sport men's hockey coach of the year, after leading his team to this year's Atlantic University Sport championship title.

Annual awards and all-star honours were announced Wednesday night in Halifax. X-Men assistant captain Nathan Chiarlitti re-

NEWS
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Breaking News
for Breakfast.

5am — 9am MONDAY TO FRIDAY



Tigers men's basketball head coach Rick Plato says the guys on his team "have no quit". JEFF HARPER / METRO

Plato sure he has the winning philosophy

CIS MEN'S CHAMPIONSHIP

Coach insists Tigers' minds are on historic task at hand

Dalhousie Tigers head coach Rick Plato sums up how his basketball squad feels heading into this weekend's national championship with two simple words: "they're ready."

That was his message Wednesday for Halifax hoops fans watching from afar, as his Tigers hit the court Thursday in Vancouver for their quarter-final against the Ottawa Gee-Gees at the 2016 CIS men's basketball final-eight championship.

The Canadian Interuniversity Sport national champion-

ship peaks Sunday with medal games at the Doug Mitchell Sports Centre on the University of British Columbia campus.

"They've worked hard, they've worked to improve and all year long our goal was to get back and do better than we did last year," Plato said by phone from out west, this being Dalhousie's second straight appearance at the CIS championship.

Last year, the Tigers were edged 57-56 by the University of Victoria Vikes in quarter-finals at the Mattamy Athletic Centre in Toronto, where the Ryerson Rams hosted the 2015 CIS final-eight event.

"It wasn't without a struggle," Plato said of the year since, which included a 13-7 regular-season record to put the Tigers atop Atlantic Univer-

sity Sport standings, in addition to an intense 87-85 victory over the UPEI Panthers for the 2016 AUS championship banner.

"These guys have worked really hard and they believe in what we're doing and they believe in one another and they believe in themselves."

If the Tigers claw their way into national semifinals, they'll be making Dalhousie basketball history, Plato said.

"I think there is redemption on their part," he said of his

"We're not just playing for ourselves. We're playing for Halifax."

Rick Plato

players. "Knowing how close they were to ... for the first time ever, getting Dal to a national semifinal."

But that means first overcoming the Ottawa Gee-Gees. Tip-off on Thursday's quarter-final is at 3 p.m. Pacific Time, 7 p.m. Atlantic Time.

Plato is confident that his Tigers have a strong game plan in place, which includes staying strong defensively, stepping up offensively, playing every possession and focusing "on doing the little things."

"I believe in these guys," Plato said. "They're not the biggest, they're not the fastest, they're not the quickest, but as a group — they're a pretty special team."

Simply put, Plato said, "if we play our game, we're going to win." KRISTEN LIPSCOMBE/METRO

NBL CANADA

Niagara falls, as Hurricanes stay top

The Halifax Hurricanes whipped up enough strength Wednesday night to edge the Niagara River Lions 100-95 while on the road for National Basketball League of Canada action.

The win at the Meridian Centre in St. Catharines was the 'Canes third-straight and gives them a 17-7 record to remain not just atop Atlantic Division standings, but also No. 1 overall in NBL Canada regular-season standings.

On Wednesday, the score was tight throughout, with the scoreboard reading 29-apiece after the first quarter. The 'Canes out-scored the Lions 21-18 in the second quarter to lead 50-47 at halftime. Halifax

continued to out-shoot the opposition, scoring 30-17 in the third quarter, but Niagara did manage a comeback attempt in the fourth quarter, outscoring the 'Canes 31-20.

But by final buzzer, the Hurricanes had the small five-point lead to claim the game.

Forward Billy White put up 26 points and pulled down eight rebounds, guard Shane Gibson scored 25 points and went six for 10 from beyond the arc and forward Kyle Hunt notched 19 points and grabbed 14 rebounds.

The Hurricanes remain on their road trip and will face the Orangeville As this Friday and the London Lightning on Saturday. KRISTEN LIPSCOMBE/METRO

IN BRIEF

Nova Scotia stars among honours at CIS awards

In national women's basketball action, the CIS handed out awards and all-star honours Wednesday night, which included Kennisha-Shanice Luberisse of the Saint Mary's Huskies being named defensive MVP and Ainsley MacIntyre of the Dalhousie Tigers receiving the Sylvia Sweeney Award for her contributions on the court, in the classroom and in the community.

Also from Nova Scotia schools, Paloma Anderson of the Acadia Axewomen made the first all-star team and Alison Keough of the Cape Breton Capers made the second all-star team. KRISTEN LIPSCOMBE/METRO

Bayern back from the dead

Thomas Mueller equalized in the first minute of injury time and Bayern Munich scored two more goals in extra time to complete a

thrilling comeback for a 4-2 victory over Juventus and a place in the Champions League quarterfinals on Wednesday.

Barcelona's big three of Lionel Messi, Luis Suarez and Neymar all scored to beat Arsenal 3-1, sending the defending champions into the quarterfinals for a ninth consecutive season with a 5-1 victory on aggregate. THE ASSOCIATED PRESS

Mooseheads wrap on road

The Halifax Mooseheads wrap up their season sooner than usual this year. After failing to make the 2016 QMJHL playoffs, the boys in green and red play their last two regular-season games on the road this weekend. The puck drops at 7 p.m. against the Moncton Miracles on Friday night and at 4 p.m. against the Charlottetown Islanders on Saturday afternoon. KRISTEN LIPSCOMBE/METRO

COLLEGE BASKETBALL

Five Canuck stars to watch as March descends into Madness

Canadian basketball players have been starred in the NCAA, and this year's crop is no different. Here are five players to watch in NCAA's March Madness:

Jamal Murray, Kentucky

The 19-year-old guard from Kitchener, Ont., has quickly become one of the finest players ever to represent the storied Wildcats program.

He's the highest



Jamal Murray
THE ASSOCIATED PRESS

scoring freshman in school history and leads the team with 20.1 points a game.

He's also a proven big-game performer, helping Canada to a silver medal at last summer's Pan American Games. He's earned the nickname "Blue Arrow" for his bow-and-arrow celebration.

Dillon Brooks, Oregon

The forward from

Mississauga, Ont., helped the Ducks to their first-ever No. 1 tournament seed. Brooks' improvement in his sophomore season has seen him start every game and lead the team in scoring (17.1 points), while shooting 47 per cent from the field.

His standout regular season saw the Canadian national team player earn All-Pac 12 honours.

Dyshawn Pierre, Dayton

The senior forward from Whitby, Ont., has bounced back

from a suspension that sidelined him for the fall semester to lead the Flyers in rebounding (8.6). He is second in scoring (13.0).

Pierre has been a solid contributor to a team that has made three straight tournament appearances.

He also was part of the star-studded Canadian under-17 team that won bronze at the 2010 world championships.

Kia Nurse, Connecticut

The 20-year-old from Hamilton became a household name last summer when she led Canada to Pan Am Games gold and carried the Maple Leaf in the closing ceremonies.

She'll be in the international spotlight again at this summer's Rio Olympics. Nurse has started every game this college season as a major contributor to a Huskies



Kia Nurse
THE ASSOCIATED PRESS

team (32-0) that's seeking an unprecedented fourth consecutive women's NCAA title.

Ruth Hamblin, Oregon St

The six-foot-six "Canadian Hammer" from Houston, B.C., was named the Pac-12's defensive player of the year for the second consecutive season, and recently broke the conference record for blocks.

Hamblin is averaging 11.4 points, nine rebounds, and 3.41 blocks per game.

THE CANADIAN PRESS

RECIPE Shrimp and Vegetable Spaghetti

Ceri Marsh & Laura Keogh
For Metro Canada



This dish is chock full of vegetables and herbs but, more importantly, it yields lots of leftovers.

Ready in
Prep time: 20 minutes
Total time: 50 minutes
Serves 8 to 10

Ingredients

- 1 yellow zucchini, sliced in half lengthwise
- 2 portobello mushrooms, stems removed, caps scooped and halved and then cut crosswise into slices
- 1 red pepper, sliced into quarters
- 1/4 cup olive oil
- 2 Tbsp balsamic vinegar
- 4 cloves garlic, chopped
- 1 Tbsp fresh chopped oregano
- 1 Tbsp fresh chopped rosemary
- 1 Tbsp butter
- 1 lb thawed peeled deveined shrimp
- 1 box of spaghetti
- 2 large meaty tomatoes, sliced into chunks
- 1 container marinated artichoke hearts, plus a drizzle of its oil
- 1 cup feta cheese, plus some of its water
- 1 handful fresh chopped basil

Directions

1. Preheat oven to 400 F.
2. Toss the zucchini, mush-



PHOTO: MAYA VISNINI

rooms and red pepper with 2 Tbsp of olive oil, balsamic vinegar, 2 cloves of garlic, oregano and rosemary to coat.

3. Place vegetables on greased pan and roast in the oven; turn vegetables once and cook until tender, about 30 minutes.

4. Remove to platter and allow to cool slightly so you can handle them to slice. Slice the vegetables into bite size pieces.

5. In a large skillet over medium heat, add butter and two cloves of garlic and cook until aromatic, about 1 minute. Add the shrimp and cook until they are pink, about 5 minutes. Remove the shrimp and juices from the pan and set aside.

6. Meanwhile, in a large saucepan of salted boiling water, cook pasta according to package directions. Drain and place the pasta in a large mixing bowl.

7. Drizzle the rest of the olive oil into the pasta. Toss the vegetables, as well as the shrimp and their buttery juices into the spaghetti and serve with feta and basil.

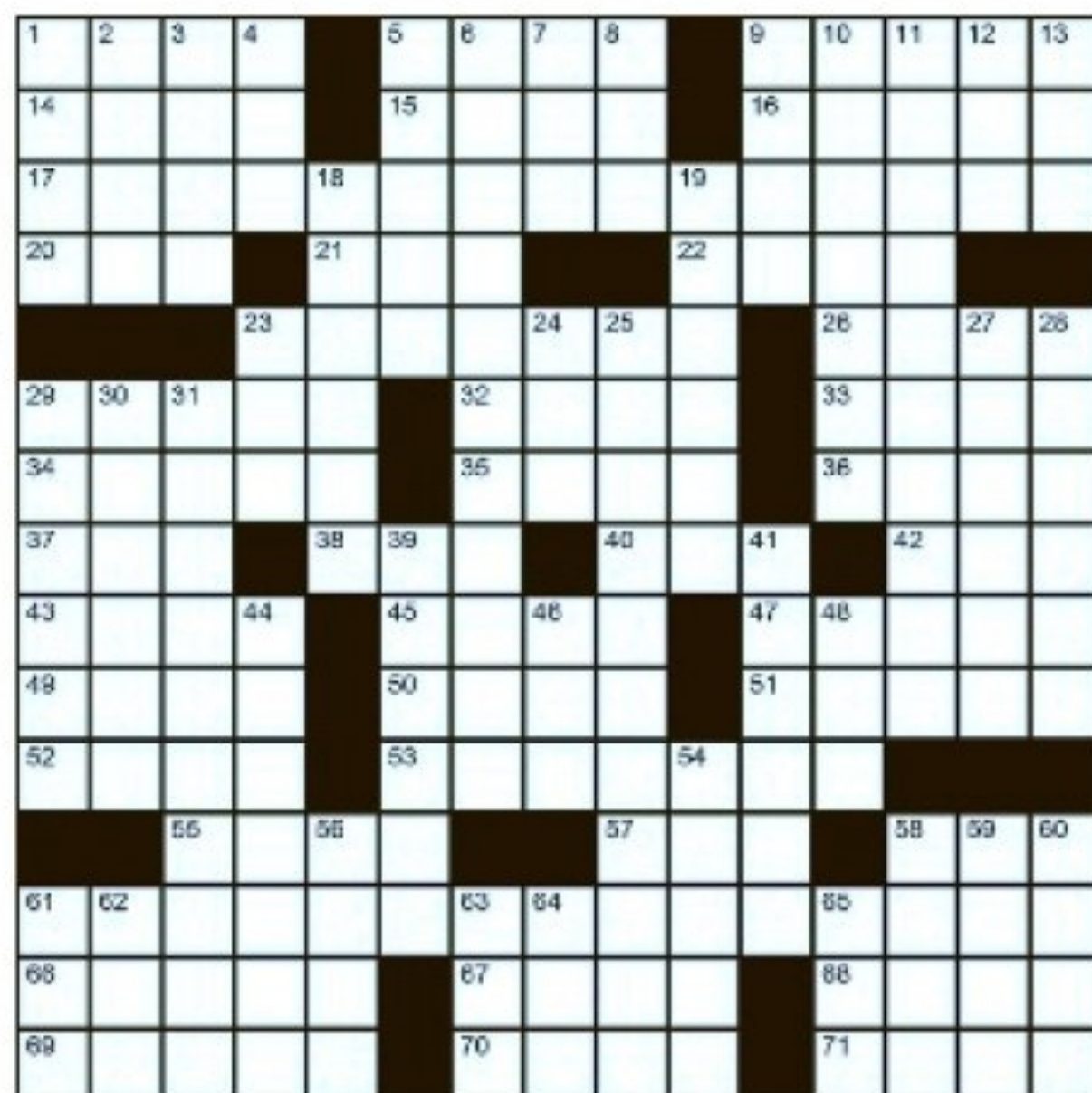
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Irish __ of Tara (Arms of Canada symbol)
5. Performs pluses
9. Uncle on "Full House"
14. Give __ (Theatrically prompt)
15. Actress Jessica
16. Currency exchange fees
17. Irish playwright Samuel Beckett's famous production: 3 wds.
20. Canadian ID
21. Ms. Ryan
22. Art Deco designer
23. Chesterfield components
26. Chemical suffixes
29. Zep's "Whole __ Love"
32. Not masc./Not fem.
33. Trigonometry ratio
34. Shreddies-eater's need: 2 wds.
35. Reaper's adage, " __ sow, so shall..."
36. Ernest G. Bilko's rank [abbr.]
37. Rock logo insurance co.
38. Residue variety
40. LPs replacers
42. Big song
43. Knight titles
45. Fizzy beverage
47. "Me, Myself & __" (2000)
49. Architect Mr. Saarinen
50. Banned orchard spray
51. Tightwad
52. Trim



53. Sculpture like the real one
55. Ms. de Matteo
57. Roxy Music's Brian
58. Diving bird
61. Dublin's plays place, founded in 1904: 3 wds.
66. Sir William Cornelius Van __ (Canadian

- Pacific Railway bigwig in the 1800s)
67. Ghost's cry!
68. Stockings
69. Question-answering options, __ No
70. "Michelle ma belle / __ les mots..." - The Beatles
71. Traverse

DOWN

1. Hems and __ (Hesitates)
2. Amazon Rainforest berry
3. Destroy
4. 15th Prime Minister's monogram
5. Daisy Mae's beloved
6. Song by Cdn.

- rock group Big Sugar: 3 wds.
7. Word's li'l meaning
8. __-mo replay
9. Florida Panthers player Jaromir
10. Me Me ...and more Me
11. Fries and cole-slaw: 2 wds.

12. Sault Ste. Marie's nickname, The __
13. East: French
18. Antelope of Africa
19. Caught one's breath
23. Queen ___. (Toronto thoroughfare)
24. Super __ (Old video game console by Nintendo, commonly)
25. Governor of Quebec, Sir __ aka Lord Dorchester (b.1724 - d.1808)
27. Fire truck
28. Irish __ (Sporting dog)
29. Expires
30. Comedian Conan
31. Lists of backstage demands in the world of rock: 2 wds.
39. Divine beetle in ancient Egypt
41. Big lake in Ontario
44. Maria Callas' voice
46. __ of luxury
48. River inlet
54. __ water (Up the proverbial creek)
56. Celebrity hairstylist Jose
58. Above
59. Constellation, __ Major
60. Really interested
61. Bible's 'your'
62. Gardening tool
63. Egg-shaped-packaging beauty brand
64. " __-hoo!"
65. Sneeze starters...

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't get emotional over things you can't control. The state of the world may at times upset you but there is only so much you can do on your own. Use the talents you were born with to help those less fortunate.

Taurus April 21 - May 21
If you have to disappoint a friend then so be it — there's no point tying yourself in knots because you don't want to hurt their feelings. Sometimes you have to speak the truth.

Gemini May 22 - June 21
There have been storm clouds in your life of late but the outlook is improving and in a week there will be plenty of sunshine in your life. On the work front, don't be confrontational.

Cancer June 22 - July 23
You are under fortunate stars but your negative attitude is making things look worse than they are. A difficult situation will work itself out, so don't give in to doom and gloom.

Leo July 24 - Aug. 23
What is amusing to you may not be funny to everyone else, so don't laugh too loud or too long or you could offend people. Not everyone is as laid-back as you Leo.

Virgo Aug. 24 - Sept. 23
If you must point out where others are going wrong at least do so with tact. If you come across as rude and uncaring you will lose the support of colleagues who could have and should have been friends.

Libra Sept. 24 - Oct. 23
There have been major changes in your life but soon you'll understand why they had to happen and how they'll benefit you. Find reasons to smile — then have a wild weekend!

Scorpio Oct. 24 - Nov. 22
Travel and social plans may get delayed today but there's no point getting annoyed. If someone lets you down just accept it — it's hardly the end of the world.

Sagittarius Nov. 23 - Dec. 21
Don't be discouraged if what you've been working on these past few weeks does not seem to be making much progress. Keep plugging away and you'll get the breakthrough your efforts deserve.

Capricorn Dec. 22 - Jan. 20
It may be wise not to make your plans public until you're 100 per cent sure you're going to go through with them. The more people who know about them, the more unnecessary pressure you will put on yourself.

Aquarius Jan. 21 - Feb. 19
You may have a lot of tedious tasks to take care of but they won't feel like such a chore if you share the load. Call in a few favours.

Pisces Feb. 20 - March 20
If the route you were planning to take is blocked don't get angry about it — most likely it is the universe's way of telling you that you should be taking a different path. Few things in life happen without a reason.

CONCEPTIS SUDOKU by Dave Green

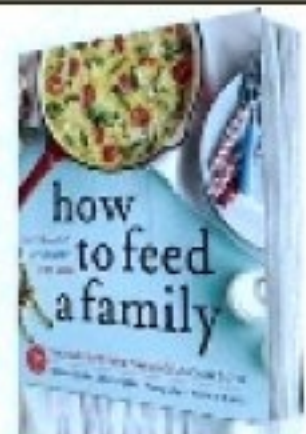
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